

**SOCCER TO ENRICH LIVES** TRACKING HOMELESS WORLD CUP (page 12)

DEN NOW FOR WEE RUN GRAIN FE WEKEY HAM CAPO

**KLUM MODEL QUITS VICTORIA'S** SECRET (page 13)



**EDMONTON** 1et

Monday, October 4, 2010 www.metronews.ca



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## Thinking pink brings in \$1.4M

• Sea of pink invades Churchill Square • Run for the Cure attracts thousands of participants

#### Mingao BR 6 h

Cure yesterday and winning five gold medals in dragon boat racing this year, it's hard to believe Juliette Inglis was ever diagnosed with breast cancer.

"I'm fine, I'm perfect and I've changed

my lifestyle," laughed Inglis. "Everything is good and dragon boat racing is a big part

This cancer survivor pushed to raise money and participate in the yearly

years. Her team, Breast Friends Dragon Boat Racing Team, has supported her and came first for top fundraising team at \$29,000. "I'm just thrilled that they came up and even agreed to wear

been supporting me since my diagnosis." Like Inglis and her team, Churchill Square was filled with many others. With the help of nice weather, this year Edmonton raised \$1.4 million for cancer research.



Two in a row for Eskimos after Hamilton win

#### Metro Green

#### Great lawns, with green methods

How to make your grass look professional without harming the Earth (page 16)

#### Thinking about the future

TEDx speakers offer advice for moving forward (page 10)





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#### There's no place like the home show

This weekend, the Edmonton Expo Centre played host to the 27th annual Edmonton Home and Interior Design Show.

"This is a show that is filled with manufacturers, suppliers, distributors and retailers who have professional experience and advice for people who might be renovating their home," said show producer Rick Young.

Bryan Marche has been attending the event for the last few years and has mostly been doing so to keep up on current trends.

#### **Mad for Mike**

This year's special guest was HGTV's Mike Holmes, star of Holmes on Homes, and on both of the days he was there the event was completely sold out.

"I haven't had a chance to check out everything yet," Marche said. "But I really liked the faux-bricks that you can put inside the house. I think that looks cool, and you don't have to worry about laying stones or anything like that."

According to Young, consumers aren't the only ones benefiting from the convenience of the exhibition, as it presents a unique advertising opportunity for the exhibitors.

"We've participated in 16 shows here in Edmonton," said Louis Csaba, president of Soak, which specializes in luxury bath products. "And they are a good way to advertise and show the product off to a large group of people in one shot."

ELISE BARTA







News on the move

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On the web at metronews.ca

Was George
Galloway's entry
to Canada
victory for free
speech or defeat
for security?
Guidy Mamann
explores at
metronews.ca/
immigration



## Let loose with Abandon All Ships

 Abandon All Ships bringing unique sound to Avenue Theatre
 Band combines techno, dance and rock into eclectic show

With a sound the frontman describes as "hardcore Eurodance," Toronto-based rockers Abandon All Ships are set to sink their teeth into Edmonton audiences this week.

When describing the band's rise to prominence with the album Geeving, which comes out tomorrow, Angelo Aita credits the success of the hit track Take Our Last Breath online with helping the band grow its fanbase.

"It was our first single," Aita recalled. "It spread like a disease over the Internet."

Following numerous changes before settling on the current lineup of Martin Broda on bass, Sebastian Cassisi-Nunez on keyboards, Kyler Stephen Browne and Andrew Paiano on guitars, and Daniel Paiano on drums, the band visited Edmonton previously with Protest the Hero. But now, the spotlight is firmly on them.

Aita said audiences should expect dazzling lights and lasers and lots of "fist-pumping" when the band plays live.

Abandon All Ships plays Wednesday at the Avenue Theatre (9030-118 Ave.) with Woe is Me, Structures and Battleship! It's an allages event, and doors open at 6 p.m.

Tickets are available at ticketmaster.ca and union-events.com.

HARRY HODGE



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## Growing ward's four candidates to debate

● Traffic could be top of the ticket in Ward 5, where growth is expected



Down in the southwest corner of the city, there are 62,000 constituents who make up Ward 5, and that number is expected to grow.

Because of that growth, traffic is a major issue for commuters who use the Whitemud and Henday freeways

Ward 5 is a strong mix of new communities to the west, where it borders Parkland County, and mature neighbourhoods that reach the river valley.

the river valley.

Karen Leibovici is the incumbent in the ward. Leibovici has been a councillor since 2001, sits on a number of committees and was an MLA in Edmonton-Meadowlark for two terms in the 1990s.

Leibovici's three challengers are Steve Bergeron, Mark Grandish and Brian Kendrick.

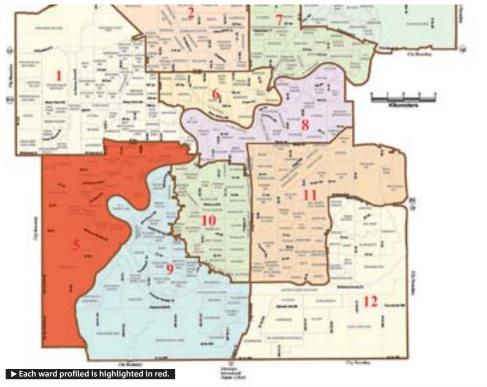
The candidates will go





head-to-head on Oct. 12 at the Archbishop Oscar Romero High School.

The public forum starts at 7 p.m. and can be viewed online at www.edmonton.ca.



#### Cadet selected to scale highest of heights

Imagine having the opportunity to climb Mount Everest — now imagine being only 17 years old.

This dream is going to be a reality for Camrose Army Cadet Warrant Officer Wesley McLean when he leaves for Nepal Thursday for close to a month. "It's kind of surreal,

"It's kind of surreal, just the idea that I'm getting a big trip like this, and I'm really excited," exclaimed McLean said in a phone interview yester-

day.
As part of the Royal Canadian Army Cadet International Expedition, McLean, nicknamed Everest, is one of 16 cadets chosen across Canada based on top physical fitness. Although he's in good shape, McLean is



concentrating on running more these days.

"Cardio is the biggest focus on this just because the altitude is so much more than what we have here," he explained. "So I've got to make sure I work enough cardio so I could handle it without getting altitude sickness."

● KATHY LE FOR METRO EDMONTON

#### Packed itinerary

Accompanied by members of the Cadet Instructor Cadre, the cadets will also bike in Kathmandu, tour villages, have glacier training and go whitewater rafting.

#### Damage tab for fire hits \$600K

Fire investigators say the house fire that happened Oct. 1, at the Edmonton People in Need Shelter at 103 Avenue and 95 Street caused an estimated \$600,000 in damage to the house and its contents.

Though the cause of the fire is still under investiga-

tion, it has been confirmed that the blaze originated in the closet of a bedroom.

There was extensive water and smoke damage throughout the house, and significant fire damage to the roof and structural trusses

■ METRO EDMONTON

#### Fuel leak under control

Suncor Energy Inc. says a diesel fuel leak near its Petro-Canada refinery at the Port of Montreal has been contained

Suncor says it hasn't determined yet how much fuel leaked into the St. Lawrence River, but will launch an investigation into the cause.

The Alberta-based oil giant says the leak came

from one of its storage reservoirs at the port.

The company became aware of the spill on Tuesday night and alerted its emergency response team and local fire officials.

One environmental group says the spill is a reminder of how dangerous the refinery can be for the St. Lawrence River ecosystem. THE CANADIAN PRESS

#### Mounties unaware of man's history

A fatality report says RCMP officers were unaware of a doctor's medical concerns about a man who was taken from an Alberta hospital into police custody.

Charles Ramsay was arrested at the Queen Elizabeth II Hospital in Grande Prairie on April 1, 2007, after he became disruptive and demanded narcotics from staff.

Ramsay had a history of alcohol and drug abuse, and the doctor who saw him that day was worried about the risks of withdrawal, police say.

THE CANADIAN PRESS

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- 4. BIOTHERM Age Fitness 2 x 1 mL.
- 5. CLINIQUE Moisture Surge™ Extended Thirst Relief, 15 mL.
- 6. CLARINS Stretch Mark Control, 30 mL.

- 7. LANCÔME Juicy Tubes Ultra-Shiny Lip Gloss. 8 g (colours may vary).
- 8. CALVIN KLEIN euphoria men. 1.2 mL Eau de Toilette spray.
- 9. CALVIN KLEIN euphoria. 1.2 mL Eau de Parfum spray.
- 10. ESTÉE LAUDER pleasures Bloom.
- 11. PACO RABANNE 1 Million. 1.2 mL Eau de Toilette spray.
- 12. PACO RABANNE Lady Million. 1.2 mL Eau de Parfum spray.

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#### **U.S.** warns of Euro terrorism threat

• Officials worried about attacks similar to 2008 shooting spree in Mumbai Diritain also warns its citizens traveling to France or Germany

#### Terror plot?

- U.S. intelligence officials believe Osama bin Laden is behind plots to attack several European cities.
- If true, this would be the most operational role that bin Laden has played in plotting attacks since Sept. 11, 2001.
- Eight Germans and two British brothers are at the heart of an al-Qaida-linked terror plot against European cities, but the plan is still in its early stages, with the suspects calling acquaintances in Europe to plan logistics, a Pakistani intelligence official said Thursday.
- One of the Britons died in a recent CIA missile strike. he said.

The Obama administration yesterday warned Americans of potential terrorist threats in Europe and urged them to be vigilant in public places, including tourist spots and trans-portation hubs.

A State Department travel alert advises U.S. citizens living or travelling in Europe to take more precautions about their personal security. The alert is one step below a formal travel warning advising Americans not to visit Europe.

U.S. and European secu-rity experts have been confor days that terrorists may be plotting attacks in Europe with assault weapons on public places, similar to the dead-ly 2008 shooting spree in Mumbai, India.

The U.S. notice said terrorists "may elect to use a variety of means and weapons and target both official and private inter-

THE ASSOCIATED PRESS

#### Canadian reaction

#### KEEP YOUR HEADS UP, CANADIANS

Foreign Affairs says it is Canadians in Europe closely monitoring the se-should be aware of their curity situation in Europe.

announcement came hours after the United States warned Americans of potential terrorist threats in Europe.
The department says

should be aware of their surroundings at all times, monitor local news reports, follow the advice of local authorities, and take appropriate steps to ensure their personal se-

It encouraged Canadians to regularly consult the government website for updated information and to register with the Regis-Canadians tration Abroad service in order to receive the latest advice.



#### Will she be Brazil's first?

A one-time Marxist guerrilla chosen by Brazil's beloved leader to succeed him took a wide lead in yesterday's presidential election, but a secondround vote seemed inevitable, said top officials. Dilma Rousseff, 62, would be Brazil's first female leader and has vowed to continue the marketfriendly polices of outgoing President Luiz Inacio Lula da Silva, which have lifted millions out of poverty.

#### 'Security deficiencies' abundant, reports find

A pair of internal government reports confirm there have been repeated security failures in contracts involving secret technology and classified information, including confidential military blueprints.

reports, pressed for almost two years, buttress some initial findings by the audi-tor general in 2007 but suggest the problem has been even more wide-

spread than first reported. One of the newly released reports, commissioned by Public Works from the consultant firm Deloitte and Touche, examined 181 contracts that required tight security clearances for firms providing equipment and services to the federal government. Some were awarded to military contractors, such as McDonnell Douglas Corp.



and Thales Canada Ltd.

Deloitte found that 87 of them had "ongoing sedeficiencies" curity security key elements of the contracts were not enforced or monitored properly.

"Unless these ongoing deficiencies are resolved, there is an ongoing risk

that a security breach could occur," says the November 2008 document.

Auditor General Sheila Fraser examined a smaller sample of 86 similar contracts in 2007 and found 24 of them proceeded without the required security clearances and checks. THE CANADIAN PRESS

#### Facebook threats

Montreal man has been arrested for allegedly uttering death threats

Quebec provincial po-

lice say David Abitbol was arrested at his parents' home on Saturday.

Police say they found five weapons and hundreds of rounds of ammunition. Police spokesman Richard Gagne says the 28-year-old Abitbol has been charged with uttering death threats and with firearms violations.

He allegedly threat-ened former college acquaintances.

The arrest came a day after police received a tip that someone using the moniker "Dark Killer" had written threatening messages on Facebook. THE CANADIAN PRESS

#### **News in brief**



#### **Controversial Brit might sue**

SHOWDOWN. British firebrand politician George Galloway is challenging Canada's immigration minister to high-noon style showdown and is vowing to make good on a threat to sue him.

Galloway is challenging Jason Kenney to a public debate and said he would be prepared to stand outside the minister's constituency office in Calgary until he gets one.

In a speech in Toronto yesterday, Galloway also said he would make good on a threat to sue Kenney for slandering him in front of the world by branding him a terrorist.

Galloway says it caused him "18 months

Kenney pulled the welcome mat on Galloway last year because of the former British MP's financial support to the Palestinian group Hamas, which the federal government considers a terror-

ist organization. Galloway was planning to come to Canada for a speaking tour, but decided not to because he thought there was little chance he would be admitted.

The Federal Court of Canada turned down an appeal from Galloway's supporters, but criticized the way the Conservative government dealt with

Galloway.
THE CANADIAN PRESS

#### Cops react to 911 call blitz

TECHNOLOGY. Police in Barrie, Ont., are asking people to make sure cellphones in their pockets don't accidentally dial 911 after officers responded to 15 false calls over a 14-hour period Saturday.

Many were phantom calls that came from unlocked cellphones in people's pockets or purs-

Police are reminding people that the calls unnecessarily tie up resources meant for emergencies only. THE CANADIAN PRESS

#### **Grits want** probe into PM's reach

The Liberals want Canada's information commissioner to investigate Stephen Harper's office and the minister of natural resources over meddling in access-toinformation requests.

Last week, an aide to Natural Resources Minister Christian Paradis resigned after documents obtained by The Canadian Press showed he interfered in at least four requests, not just the one he had admitted to.

Now the Liberals say Information Commissioner Suzanne Legault should expand her probe to include Paradis and the PMO. THE CANADIAN PRESS

"I ask that your investigation include an examination of involvement by the prime minister and his office. The investigation may uncover similar examples of interference in other departments." LIBERAL MP SIOBHAN COADY,

IN A LETTER TO THE INFORMATION

MINISTER, SENT YESTERDAY

#### Arrest over

#### **Growth likely** to slow down in October

TSX gained a more modest 3.8 per cent during September • Employment looking better in Canada

Stock markets will likely have a tough time extending the strong growth of September into this month after data from the U.S. manufacturing sector reminded investors that the economic recovery remains choppy and job creation remains tentative.

That's dull news for investors looking ahead to the major economic event for this coming week, the U.S. non-farm payrolls report for September. Canadian employment data for

"Of course, October is usually no treat for investors, either. Its usually got its fair share of extreme volatility." BMO CAPITAL MARKETS DEPUTY

CHIEF ECONOMIST DOUG PORTER September will also be released on Friday.

"I think perhaps the overriding theme in the next few weeks might be mild disappointment just

since good news seemed to since good news seemed to have been priced in in re-cent weeks," said BMO Capital Markets deputy chief economist Doug Porter. North American stock markets enter October trading with strong gains from September, which has the reputation of the worst trading month of the year.

There were positive readings from economic data on U.S. manufacturing, home sales and jobs. THE CANADIAN PRESS



#### San Fran eyes Happy Meal health

A proposed San Francisco city ordinance would require the giant hamburger chain McDonald's to either stop putting little toys for kids in those Happy Meal boxes, or otherwise make them healthier by adding fruit and vegetable portions and limiting calories.

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#### **Big Tobacco feels** heat on cigarillos

Tobacco companies are being accused of skirting highly publicized federal legislation — announced by Prime Minister Stephen Harper — designed to keep kids from getting hooked

on flavoured cigarettes. Importers of those little cigarillos that come in flavours like vanilla, strawberry and peach have changed the size and char-

acteristics on their product

in order to get them in the country.

One anti-smoking advocate describes it as a direct reaction to the law and an attempt to circumvent it.

"It's a game of cat and mouse," according to Rob Cunningham of the Canadian Cancer Society.

He's concerned about the impact of the continued sale of the cigarillos.

THE CANADIAN PRESS



#### EIFF IS MORE THAN JUST SHOWING MOVIES



Last week I got to see some of the best and worst things that make Edmonton what it is.

he best came with the Edmonton International Film Festival (EIFF). This is certainly the little festival that grew. And this year it has grown even larger. It looks like there was at least a 20 per cent increase in ticket sales over last

Though that kind of growth is tremendous, it's really not surprising. Innovation, creativity, hard work and dedication tend to produce positive results.

As anyone involved with any

of our festivals can tell you, organizing a successful festival isn't an easy gig. What makes our

festivals work is the support of volunteers and the many organi-

zations that donate cash and in kind goods and services. Empire Theatres deserves praise for giving the festival a home that is readily accessible. Kudos to City Centre for the tremendous job it did promoting the festival. The or-ganizers deserve credit for recognizing social media could play a

real role in

expanding its audience. And, as always, the volunteers deserve congratulations on

a job well done. So what's the bad thing? This

"As anyone involved with any of our festivals can tell you, organizing a successful festival isn't an easy gig. What makes our festivals work is the support of volunteers and the many organizations that donate cash and in kind goods and services."

festival has been around for 24 years and in each of those years it has managed to produce great results on a shoestring budget. One would think our civic leaders would want to get behind backing a winner. No such luck.

Though the city does support the fes-tival, its \$50,000

cash donation is paltry and that level of funding hasn't increased for seven years. Even if the city had just increased funding at the same level taxes were raised during each of those seven years, the EIFF would not have to work as hard as it does to make magic.

Last year, the city came up with \$750,000 for a winter festival. You might think there would be an extra \$50,000 it could have forked over to the EIFF. The EIFF is about much more than just showing movies. It's about showcasing Edmonton and Alberta talent. It's about showing films that many of us would never get the chance to see. And it's about bringing filmmakers here from all over the country and around the world. It also helps mark us as a city where culture and creativity have a permanent

We should treat EIFF folks better than we do.

# Cartoon

#### Interactive injuries

#### Worth mentioning

Interactive video gamers should exercise some caution to avoid injury to themselves and bystanders, say researchers who have studied U.S. data on a broad range of injuries among traditional and interactive gamers.

Researchers from the Children's Hospital of Philadelphia aimed to determine and define the types of injuries caused as a result of participation in both traditional and interactive video games. The findings were to be presented today at the American Academy of Pediatrics National Conference and Exhibition in

A long way from Pong



San Francisco.

Researchers found when compared with the traditional group of gamers, participants in the interactive group were significantly more likely to injure their shoulder. ankle and foot. The group of interactive gamers was also significantly more likely to sustain a confusion or abrasion.

sprain or strain.

But there were reported problems among those playing traditional games that were notable, too. All 65 seizures, all eight cases of eye pain or visual disturbance and all but one of the 24 reported neck injuries were sustained by those in the traditional group. THE CANADIAN PRESS

What's your favourite fall activity? **Email** edmontonletters @metronews.ca **Twitter** @metroedmonton

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#### **Metro Minute** with Story Stop

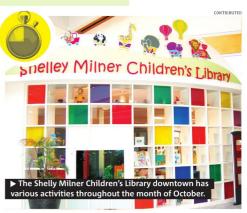
Grab the little ones and stop in for a story at the Stanley A. Milner Library today at 2 p.m. for Story Stop. This 15-minute story time is fun for the whole family, particularly children five years and younger, and features stories, songs and rhymes.

Story Stop is a daily event from Monday to Friday at 2 p.m. and Saturdays at 11 a.m., and is a great way to introduce children to story time and Edmonton Public Library programs. The program originated this spring at the Stanley A. Milner library downtown, and has spread to other branches across the city.

For more information,

visit www.epl.ca.

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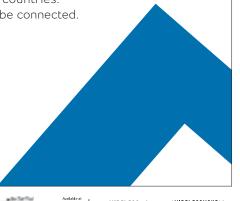
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## scene

### TEDx speakers swing into action

◆ Community-organized conference brings together ideas for change ◆ Social leaders from author to film producer - offer roadmaps for moving things forward around you





Movie fans are spending some face time with a story about the founders of Facebook. The Social Network, a drama about the quarrelsome creation of the online

juggernaut, debuted as the No. 1 weekend film with \$23 million.

THE ASSOCIATED PRESS



More than 12 social leaders gathered last Thursday to speak at the second annual community-organized

TEDx conference, bringing on leadership, health, charity, politics and passion to one stage.

This year's theme was "A Call to Action," and the underlying message from the speakers was that in order to make any difference in the world, change must start with one person: you. Here are some of their ideas.

#### Drew Dudley, founder of **Nuance Leadership Inc.:**

Dudlev believes shouldn't try to change the whole world, we just need to change our part of it. "We've made leadership into something bigger than us, something beyond us, we made it about changing the world. We've taken the title of leader and made it into something that one day we're going to deserve."

#### Sol Guy, film producer, K'Naan's manager, and creator of MTV's 4REAL:

Guy expressed the importance of people, the planet and profit, but the biggest "P" he pushed was passion. "How do you give real change? I think you need to be a better human, because living is giving. You've got to show up





every day, passionate.'

#### Amanda Sussman, senior advisor to Plan International, Canada:

Sussman questioned: if you can do one action, how can you make sure that it has a chance of moving something forward? "I believe change does happen, but it happens in small steps ... If we want [politicians] to truly represent our views, we have to make them known loud and clear."

Trey Anthony, creator and star of GlobalTV's da Kink in my Hair:











**Three D effect** 

Dr. Catherine Zahn, CEO of the Centre for Addictions and Mental Health (CAMH), delivered a heartwarming speech on mental illness that can be considered in other areas as well. "I want you to discover, discuss and

Besides doing what you love or quitting the job you hate, she urges you to leave the world in a better place than when you showed up. "Dream beyond your circumstances.

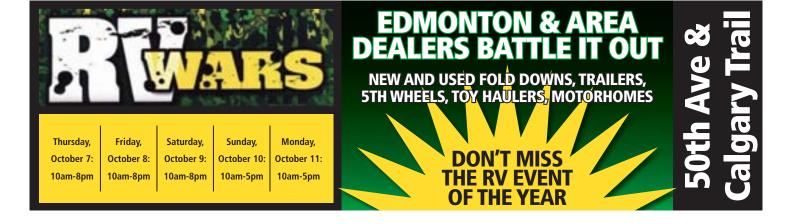
demand," she said. "Learn more about mental illness and the issues that people face. Talk about it to everybody, and listen to people who have these

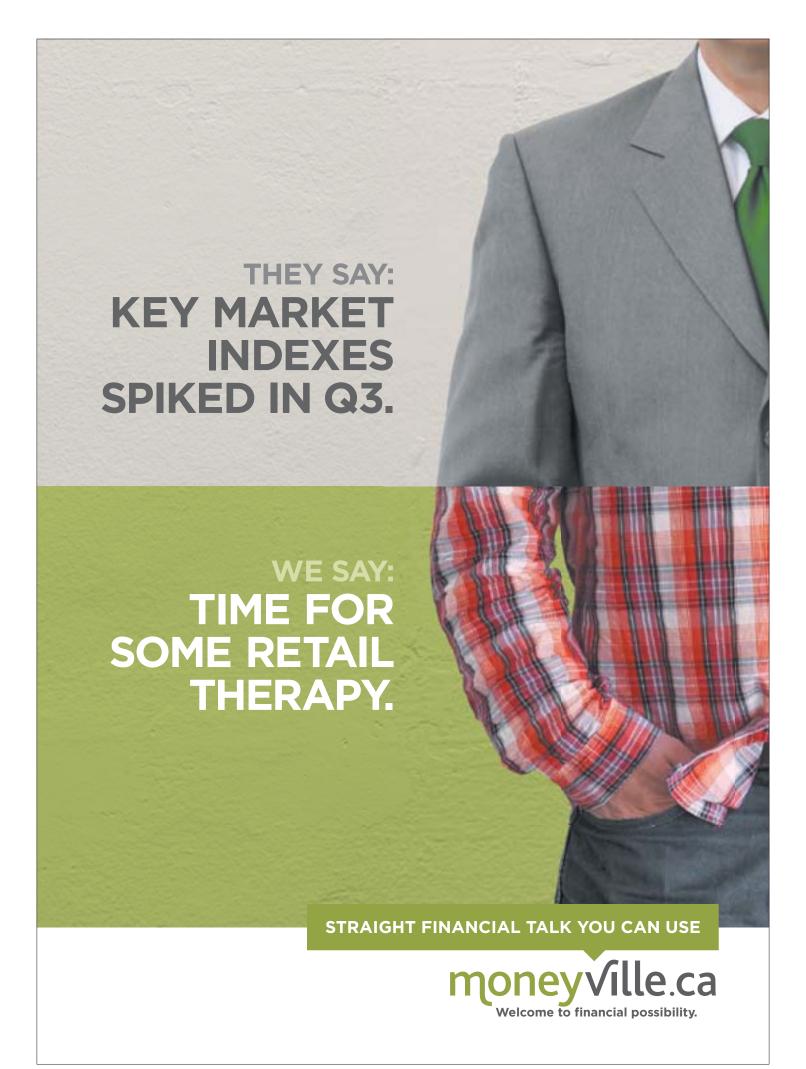
experiences. Demand that great social injustice that sits on people with mental illness is rectified."

Break out of the box that they've put you in, that you've put yourself in."

Neil Pasricha, bestselling author of The Book of Awesome:

Look at things like you are looking at them for the first time, it will bring out new experiences and open your eyes to the good that is already there or could be. "If you live your life with a great attitude, with a sense of awareness of the world around you, embracing your inner threeyear-old and authentic to yourself, letting your heart lead you and putting you in experiences that satisfy you, then I think you'll live a life that is rich and satisfying. I think you will live a life that is truly awe-





#### World Cup full of winners

#### Despite some flaws, the Homeless World Cup is changing lives A way to halt a downward spiral

In some ways, Dave Bidini found writing a book about the Homeless World Cup a little like booting a ball into a wide-open net — it simply

#### Route to change

The Homeless World Cup launched in Graz. Austria in 2003 with the aim of using soccer to encourage the homeless to change their lives. The 2010 edition just wrapped in Rio de Janeiro, Brazil.

70 per cent Organizers of the tournament say that 70 per cent of the players who participate experience a "significant life change," whether it involves kicking a dependency to drugs and alcohol, finding a home or job, repairing damaged relationships or pursuing an education.

wasn't hard to find compelling stories.
"It was like walking into

a living novel," said Bidini, the author of Home and Away: In Search of Dreams at the Homeless World Cup of Soccer, during an interview this week in Toronto.

"You had 600 street soccer players from around the world, all with these completely divergent yet kind of universal experiences coming together. It wasn't hard. And a lot of my job was really eavesdropping."

Bidini, author and former guitarist for the Rheostatics, trailed Canada's four-person entry to the 2008 event in Melbourne, Australia.

Canada's squad included Krystal, a teenage runaway from Toronto's hardscrabble Regent Park neighbourhood, Jerry, a pudgy seat-cushion salesman, and member of Canada's national soccer team who saw his professional career deteriorate as he became addicted to OxyContin and cocaine.

"What surprised me was how ... like you and I the players were," Bidini said. With a little bit of bad luck you can descend like

Bidini was initially skeptical that the tournament could make a real difference until he witnessed the restorative power of soccer in person.

"I thought those numbers were stretched a little bit, but seeing the experience of the Canadian team firsthand, those numbers are really accurate," Bidini

"The four athletes who went to Melbourne for the tournament all appear to be doing really well.



has been clean for more than two years. He's reconnected with his parents and shares a home with them in Toronto.

Krystal, who emerged as one of the most talented players in the tournament, came home to finish highschool and is playing soccer professionally in Toronto. Still, Bidini has concerns

with the larger Homeless World Cup. The Canadian team brings players regardless of their abilities — as Bidini puts it, "they bring players who are going to benefit most from the experience, and maybe if you can play a little soccer, that's great."

But other countries have taken a more competitive approach, and as a result, lopsided scores are common — as an example, Canada lost its opening match to Ireland this year 14-0.

It's an issue organizers will need to confront, Bidini says. "It's a tough one. They have to figure out a way to deal with that "

THE CANADIAN PRESS



LOOK INSIDE TODAY'S METRO FOR THE HIDDEN ICON AND VISIT CLUBMETRO.COM AND TELL US THE PAGE YOU FOUND IT ON FOR YOUR CHANCE TO WIN!

MAPLE

#### **Comics will** think pink

The Sunday funnies will be in shades of pink ink on Oct. 10 in support of breast cancer awareness month. King Features Syndicate Inc. said Sunday that more than 50 cartoonists will participate.

Each comic strip will also feature a pink ribbon for breast cancer awareness with the tag line, "Cartoonists Care.

Participating strips include Blondie, Dennis the Menace and Family Circus.

#### **Gross, Thompson** honoured

actor-director Canadian Paul Gross was one of fifteen Ontarians honoured Sunday for their efforts to promote the care, well-being and memories of Canadian veterans.

Gross received a commendation for raising awareness about veterans through his 2008 film Passchendaele, about Canadian soldiers fighting in Belgium during the First World War.

'We really felt that he

went out of his way to reach out and teach Canadians a little bit more about Canadian history," Veterans said Affairs Charlene spokeswoman

Actor R.H. Thomson, best known for his role as "Jasper" in Road to Avonlea, was also among the recipients. One of his efforts was to start vigils for soldiers who died in the First World War.

THE CANADIAN PRESS



metr@dish metronews.ca MONDAY, OCTOBER 4, 2010

#### Talking points

#### Who's afraid of the press?

HEADLINE WATCH. Former Grey's Anatomy star Katherine Heigl says she's happy to make headlines, but stories about her in the media are often exaggerated.

Heigl's comments in the past have been known to make waves in the entertainment world. She called the 2007 comedy Knocked Up, in which she starred, "a little sexist." Later, she refused to seek an Emmy nomination after saying Grey's writers didn't give her enough award-worthy material.

Heigl says she doesn't have "any major problem" with what's written about her. But she adds that she tries to keep her perspective so she doesn't believe her own press.

THE ASSOCIATED PRESS

**Another Paris** reality show

TV. Oxygen is putting Paris Hilton back on the air in another reality series documenting her life. The network said this week that the series is so far untitled and will be an all-encompassing look at the hotel heiress' friends. family and

relationships.

The series has not yet begun production. No premiere date has been set. Her previous TV series have included The Simple Life and My New

THE ASSOCIATED PRESS

#### **Just veggies?** No, thanks

CANDIDATE TALK. Delaware Republican Senate candidate Christine O'Donnell once told a TV interviewer that she tried several religions but skipped becoming a Hare Krishna because she didn't want to be vegetarian.

Bill Maher aired the clip of that July 9, 1999, interview with O'Donnell on Friday night on his show Real Time with Bill Maher. The short clip was from an interview on the comedian's former show Politically Incorrect.

O'Donnell tells Maher that she had dabbled in "every other kind of religion," including witchcraft and Buddhism, before becoming a Chris-

> With a laugh, she said: "I would have become a Hare Krishna, but I didn't want to become a vegetarian. And that is honestly the reason why, because I'm Italian and I love meatballs.'

> > ASSOCIATED PRESS

#### Model Klum quits Victoria's Secret

No reason given for split with lingerie line Klum working on own collection

Heidi Klum is hanging up her wings.

The supermodel said Friday that she is ending her work as part of the Victoria's Secret stable of models, dubbed angels, at the age of 37.

Last year, Klum walked the lingerie retailer's runway just five weeks after giving birth.

No reason was given for the split, but Klum said she would focus on other projects. The Project Runway host is also creating an activewear collection with New Balance, to be sold on Amazon, the associated press



▶ Heidi Klum

#### **R&B** singer accused of assaulting mom

R&B singer and former Dancing with the Stars con-testant Mario has been charged with assaulting his mother at their Baltimore home. Officers were called to an apartment building in the Fells Point neighbourhood early Friday, where

police say Shawntia Hardaway told officers her 24year-old son, Mario Barrett, had pushed her. According to documents, Hardaway said her head still hurt after Barrett pushed her into in a wall in a separate instance Monday. THE ASSOCIATED PRESS

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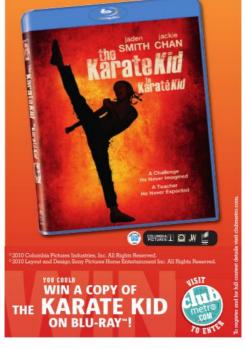
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Pets

#### Get ready for puppy tweets

So your dog follows your every move around the house. Now, when you leave home, you can follow your dog. **Puppy Tweets is** an electronic dog tag with a sensor that you attach to your dog's collar. It detects your pet's movements and sounds and sends a variety of tweets to a Twitter page you set up for your dog on a computer or smart phone. THE ASSOCIATED PRESS





## Take fire safety lightly and you'll get burned

#### Sparky says: Replace old smoke alarms and never remove batteries!

During Fire Prevention Week, which runs through to Oct. 9, Sparky the Fire Dog teams up with firefighters and school teachers to encourage smart fire safety habits that save lives.

Smoke alarm tampering is at the top of Sparky's "no-no" list. Taking batteries out of a smoke alarm, or remov-

ing it from the ceiling when it goes off because of cooking smoke or shower steam, puts a family at serious risk. Canadian research shows that more than 50 per cent of people who tamper with their smoke alarms forget to later re-install the batteries or the alarm itself. This leaves them without early warning should a

fire break out.

"A smoke alarm doubles your chance of escaping a fire," says Carol Heller, a home safety specialist at Kidde, Canada's leading fire protection company. "If nuisance alarms are a problem, check to see that you have installed the correct type of smoke alarm in each location on every

storey of your home. That way, false alarms can be reduced significantly. And remember to only buy smoke alarms that have a push-button or remote control "hush" feature. This allows you to easily silence a false alarm and still stay safe while the smoke clears."

NEWS CANADA

#### Replacements

Sparky's other top fire safety tip is to replace old smoke alarms. Over time, sensors become coated in dust and other airborne particles and sensitivity may be lost. So whether they are battery operated or wired into your home's electrical system, Sparky and the National Fire Protection Association say replace all smoke alarms after 10 years.

#### Does your family have a fire escape plan?

It's easy to think a fire "will never happen to me." But if it does, will everyone in your family know what to do?

The Canadian Association of Fire Chiefs and its fire education partners Kidde Canada and Duracell will encourage all families to create and practice a fire escape plan as part of the Great Canadian Fire Drill campaign.

Statistics show that most fires start at night, when sleepiness and dark"In a fire, seconds count. You install smoke alarms as an early warning system. But the other part of the equation is knowing what to do if they go off."

CAFC PRESIDENT BRUCE BURRELL

ness cause confusion and reduce reaction times. That's when having a plan to escape — that has been

practiced by all family members — becomes critical.

Educational experts have collaborated with the CAFC to compile these fire escape plan tips:

- Draw a floor plan that shows all doors and windows.
- dows.
   Mark two ways out of
- each room, if possible.

   Mark the location of all smoke alarms with "SA." There should be one smoke alarm on every storey of your home and

outside sleeping areas. Make sure children recognize the sound of a smoke

- Test each alarm, replace batteries if necessary. Replace immediately any smoke alarm that is over 10 years old.
- Pick an outside meeting place e.g. "the large tree on the Wilson's front lawn five houses down" and mark it on your plan.
- Practise the escape plan twice each year.

NEWS CANADA





#### Fill up to lose some fat Cheesy Baked Lentils, Rice and Turkey

Low-fat soups especially varieties that are loaded with nutrient-rich vegetables, are an excellent way to go if you're looking to lose fat. They are both fill-ing and low in calories

. Vegetables, besides being loaded with vitamins and minerals, primarily consist of water and fibre, which help to curb hunger.

And if you add grains, such as rice or wholewheat pasta, you get lots of soluble dietary fibre, which have been shown to be appetite-satisfying, while also helping the body maintain healthy blood sugar levels.

Low-fat proteins, such as white-meat chicken and turkey, tofu, low-fat turkey, cheese and yogurt, also help to fill you up. Beans and other legumes, such as lentils, are an excellent source of both rib-sticking protein and fibre.

This cheesy baked lentils, rice and turkey casserole is a heartwarming comfort dish that contains a little bit of all these

foods

Lean, ground turkey and rice are combined with canned lentil soup, which in the twist of a can opener provides protein, fibre and flavour to this dish. The recipe calls for fresh spinach, but sauteed Swiss chard or broccoli could be substituted.

#### **Cheesy Baked Lentils,** Rice and Turkey Casserole **Preparation:**

- Heat oven to 200 C (400 F). Coat a 2-l (8-cup) baking dish with cooking spray.
- In a large skillet over medium-high, heat oil. Add turkey and onion and saute until turkey is no longer pink, about 5 minutes. Add spinach and saute for another minute. Transfer mixture to prepared baking dish.
- Add soup, rice, thyme, salt, pepper and water. Stir to combine. Cover baking dish tightly with

#### Casserole Ingredients:

- 5 ml (1 tsp) extra-virgin olive oil
- 250 g (8 oz) turkey breast, cut into bite-size cubes
- 1 small yellow onion, chopped
- 500 ml (2 cups) fresh
- spinach, packed
- 1 can (540 ml/19 oz) lentil soup • 175 ml (3/4 cup) convert-
- ed (parboiled) brown rice
- 2 ml (1/2 tsp) dried thyme
- 2 ml (1/2 tsp) salt • 1 ml (1/4 tsp) ground
- black pepper 50 ml (1/4 cup) water
  125 ml (1/2 cup) grated
- reduced-fat Swiss cheese • 125 ml (1/2 cup) grated
- extra-sharp cheddar cheese

foil and bake for 40 minutes or until rice has absorbed all the liquid.

Uncover and sprinkle with both cheeses. Bake for another 5 minutes or until cheeses have melted. Makes 4 servings.

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#### Great lawns with green methods



#### • Flawless lawns don't exist naturally • What to do to get a professional look without harming the Earth

The trend in so many home projects these days — from growing vegetables to hanging out the laundry — is toward doing it yourself, going green, simplifying. But anyone who wants to take that approach to lawn care had better be ready for research and hard work.

The lawn turns out to be a humbling, non-relaxing, never-ending project served by a conflicting mess of information, intentions, guilt and crazy internal accounting. It's not so easy to decide:

#### Do you do it yourself, or go with a pro?

That first summer, it became clear that most of our neighbours employed professionals, who careened around on noisy, air clogging, gas-guzzling power mowers and planted ominous yellow flags warning of herbicide use. Surely, I reasoned, lawn maintenance was not so difficult or important that we couldn't care for our little.

#### Cow manure

Give it a try as an alternative

- New methods The right grass for local conditions should come in thick and. when mature and left at least 7.5 centimetres tall, block the weeds. Its suggested cow manure for fertilizer — the country has too much of that anyway — and a pre-emergent herbicide in the spring, which prevents seed germination. Note: It will work on crabgrass, and also on my regular grass, so seeding at the same time doesn't make sense.
- New methods The Cornell Cooperative Extension of Westchester County, N.Y., recommended a fescue blend instead. Their website contains a problemsolving index.

tle lawn without poisoning the entire neighbourhood. By the next summer. our fragile lawn was sprouting crabgrass and harbouring grubs.

#### Can you be ecological and effective?

For a few years, our greenish yard was ecologically sound, though it lacked the professional sheen of the neighbouring lawns. The gardener, who was more of a mower and self-proclaimed non-expert, suspected my no-toxins rule was to blame.

There were some inexpensive, innocuous solutions for weeds, like vinegar or lemon juice; wouldn't it be virtuous to use those?

Here's the problem: Virtue is time consuming and labour intensive.

If I stand on my neighbour's beautiful, if toxic, grass and look at mine, I am ashamed of my raggedy lawn. I guess a flawless lawn just doesn't exist naturally, but good practices will minimize the need for chemicals.

THE ASSOCIATED PRESS

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#### **QUESTION:**

My dishwasher recently died. How can I choose an energy-efficient model and then get rid of my old clunker?

David from Calgary, AB

#### GET INTO A NEW CYCLE OF DISHWASHING

et's cover the often-over-looked issue of disposal first.

Most cities have large-item pick-up or drop-off programs that run throughout the year. Always check your city's website.

You're in Calgary, so I went straight to its website. Calgary has a Throw 'n' Go program with facilities set up at the entrance of all three city landfills. They'll accept your appliance for a charge. You may want to inquire about the disposal

fee by calling 3-1-1. When it comes to all

When it comes to all types of appliances, look for the Energy Star logo. Energy Star is an Ameri-

can-based program, but here in Canada, federal law requires that the EnerGuide label be placed on all new electrical appliances manufactured in or imported into Canada. This label indicates the amount of electricity used by that appliance. you're looking at display models, find the Ener-Guide label to compare the energy use of similar models and estimate annual operating costs.



And last but not least, don't overlook the type of

soap you'll be using in your new dishwasher. If you haven't switched to an eco-friendlier option — one without phosphates or chlorine — now's the time. How will you know it's free of harmful chemicals? Choose a soap that has all the ingredients listed on the label. You'll be surprised at the lack of transparency which will make your decision quite easy.







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their energy costs Natural Resources Canada provides money to companies to go green Companies have amassed \$14 million in annual energy savings

Canadian businesses

In order to give Canadians a greener marketplace, cut costs and pass the savings on to the consumer, an increasing number of Canadian manufacturers are choosing to retrofit their facilities and their process-

The savings potential is enormous, both for the business and ultimately the consumer.

By installing state-of-the-art lighting, for example, or a newer, more efficient boiler, businesses can substantially reduce their operating costs and increase their productivity while reducing their environmental footprint. And with more and more consumers actively seeking

"A window of opportunity exists ... These measures will save energy costs, make industry more competitive and reduce its emissions." MICHAEL BURKE, DIRECTOR OF

INDUSTRIAL PROGRAMS DIVISION AT NATURAL RESOURCES CANADA

businesses with a greener profile, it only makes

retrofit to reduce

Natural Resources Canada, provides small to medium-size businesses up to \$50,000 per application and \$250,000 per corporation in retrofit funding, Canadian companies have already saved more than \$14 million in annual energy savings, equivalent to the energy consumed by approximately 9.000 households since the program began in 2007.

"A window of opportu-nity exists," says Michael Burke, Director of Industrial Programs Division at Natural Resources Canada. "These measures will save energy costs, make industry more competitive and reduce its emissions," says

Greenhouse growers, not traditionally thought of as part of the industrial sector, have been quick to take advantage of the ecoENERGY Retrofit Incentive for Industry program,

applying for many projects funded so far.

"It's the smartest thing we've done," says Aron Hoff, Manager of Meyers Fruit Farms of Niagara-onthe-Lake, Ont.

The company invested \$100,000 to install an energy curtain retrofit which is well on its way to saving company \$40,000 a year in energy costs. The company added a heat-retaining curtain to its older inflated, double polyethylene roof to reduce night time heating. Companies wanting more information on retrofit funding from NRCan should visit: oee.nrcan.gc.ca/industrial/retrofit. NEWS CANADA

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#### **Melcor Launches a Greener Development with Community in Mind**

ow do you marry modern design and landscaping development with a natural park reserve in one of Edmonton's best new housing initiative? The answer is

Perched on the edge of the Whitemud Ravine, Larch Park is a new development underway led by Larix Communities, a joint venture between Arctos and Bird and Melcor Developments. The project is integrated into the new Larch Sanctuary, an expanse of the Whitemud Ravine protected by the Edmonton and Area Land Trust for it's unique animal inhabitants.

A well-established company built on over 88 years of quality business, Melcor is taking the initiative to build a new kind of community. The development will feature innovative architecture and energy efficient housing, but one of the most interesting components of the development is how they layer their dirt.

Michael Clarke, a Plant Ecologist and Environmental Biologist, was giving a talk on restoring urban ecosystems when he was approached by Melcor to apply the ideas he was pitching about yards to Larch Park.

"As an Ecologist, when I talk with developers, they don't really care. The thing I just loved about this project was how interested and supportive they were", said Clarke. "They told me to be as ecologically pure as possible, to take the high road."

When the preparatory work began on site, Melcor maintained the native soil in a whole new way by storing each layer separately.

"We put a lot of value into the soil. Instead of storing it in one anaerobic pile, we piled it across large areas to maintain the bacteria and the properties of the soil", said Clarke.

Once neighborhood services were installed, the soil was accurately re-laid back to its original state.

When the time came to choose the flora for the development, Melcor decided on an unconventional path. Based on recommendations by the Northern Forestry Centre the developers planted over 36,000 pieces of vegetation this and will plant over 40,000 next year.

By over-planting locally found species, the development will naturally form a selfmaintaining integrated ecosystem of wetland and grassland. It will naturally weed out inefficient plant life, requiring little maintenance and establish a continuous environment with the adjacent Sanctuary.

To learn more about the project and it's neighboring sanctuary, visit www.larchpark.ca.



larchpark.ca

#### Clarity key to communication



The

harshest blow to your office ego can be the gentle brush aside: the aggravating discovery that your helpful input is bouncing back off cold shoulders and apathetic, nodding heads.

Being sidelined during conferences can boil up rage out of otherwise cool professionals. Which is why career counselors suggest you respond with a pause — and if you're feeling tuned out, tune in on

why.
"On some level, everybody wants to be heard, but if that's not happening, you need to understand what's going on," career counselor Lynn Berger advises. "Approach somebody else at the meeting and ask what's happen-

ing," she suggests.

"Maybe you're in the wrong regime," adds ExecutiveCoachNY.com counselor Jane Cranston. "If people keep ignoring your input, it may be a clue that vou're out.'

It could also be a clue that you're hedging your two cents with too much timidity, and too little pizzazz. Voicing suggestions, Cranston points out, is all about the wind-up pitch, that flair for evocative details that turns a routine purchase of payroll software into a landmark moment in corporate history.

"People might not be hearing you because you're not delivering the message right," Berger concurs. If not, try a change of

"Schedule a time and Cranston offers. our boss, 'I have place," Tell your boss, something to add, I'd like to have five minutes of your time share it." frain from blame-casting, she adds. "Assume you were the poor communica-

tor," she suggests.

"Say 'Maybe I didn't make myself clear when I was explaining this.'

Keep your indoor voice to yourself and don't let your frustration steam out into the open. Awkward



air is one way to alienate colleagues, and spoil your rep. When your points are

being shrugged Cranston says, you must be all the more diplomatic.

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#### CAREERS THAT INSPIRE

an you do a post game report from the Calgary Flames' locker room?" The call from TSN that I had been dreading had finally arrived. It was time to de-

liver — or move on.

My hands began to shake after the game and as I walked into the locker room I was in full blown panic mode. Only daring to look at the red rug on the floor, I followed my cameraman's feet to the

first scrum. Quickly looking up, I did the interview plus three others in the room and then ran out of there and filed my story. The year was 1986 and one month later TSN offered

TurningPoint

#### **TERESA** KRUZE LIFE@METRONEWS.CA

me a contract making me one of Canada's first female sportscasters. It was a huge turning point in my life.

Over the years I have become fascinated by people that have succeeded in life despite facing huge odds. I like the stories of the nurse who became CEO of one of the world's best hospitals or the man that was fired and became a multi millionaire after starting his own company.

As we recover from one

of the worst recessions in decades, we need to inspire one another to go after our goals no matter how out of reach they may seem. In the coming months, I will be writing about incredible people who have looked past their doubts and insecurities and have gone on to achieve success.

Learn more at turningpointmedia.ca



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#### Learning to break bad habits

▶ Parents and kids should not be afraid to ask for help ▶ Move fast to identify and address problems

Now that the school year is well underway, students — and parents — are settling back into the school groove.

Unfortunately, some students can also find themselves settling back into bad habits from previous years.

ous years.

"It's important to start the new school year off on the right foot," said Dr. Nick Whitehead, founder and CEO of Oxford Learning. "The habits that students develop in the early weeks can stick with them for the entire year."

"Knowing what the challenges are, and getting help with these areas before they become issues, is a great way to avoid repeating bad habits."

NICK WHITEHEAD

According to Dr. Whitehead, the sooner that students make good school habits part of their daily routine, the more likely that they will keep these



habits for the entire school year. The trick, he says, is to implement good school habits as soon as possible, or else bad habits can sneak back.

So how do parents and students implement good

school habits for the entire school year?

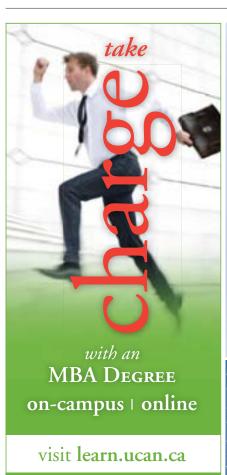
Dr. Whitehead recommends that parents take out last year's final report card and review the teacher's comments.

"If there are school is-

sues from last year that weren't addressed over the summer, it's likely that they will become problems again this year," he

Dr. Whitehead also recommends that parents

reintroduce school-year routines such as limiting TV and computer time, setting bedtimes and wake up times, and using a family wall calendar to keep track of chores and social activities NEWS CAMADA



University Canada



## sports

#### Oilers fall to unbeaten Flames

Miikka Kiprusoff was perfect last night, and he helped the Calgary Flames finish up the pre-season the same way.

Kiprusoff made 27 saves and Alex Tanguay scored the lone goal as the Flames won 1-0 over the Edmonton Oilers to finish up exhibition play a perfect 7-0.

Calgary is the lone NHL team to finish the pre-season without a loss. Wash-

1

0

LGARY

EDMONTO

ington was also perfect at 5-0 before losing 3-0 last night to Nashville.

Edmonton ended up 4-2.
All the energy, emotion and excitement notably

missing from last night's game will likely be present Thursday night in Edmonton, when the teams meet again in one of five games on the schedule for opening night of the NHL regular season.

The Oilers and Flames both have 32 players on the roster and need to whittle that down to a maximum of 23 players by Wednesday.

THE CANDIAN PRESS



Sports in brief



Jonathan
Sanchez pitched
the San Francisco Giants back
into the
playoffs, beating
the San Diego
Padres 3-0
yesterday to
wrap up the NL
West title. San
Francisco will
host the wildcard Atlanta
Braves starting
Thursday.

Donovan McNabb threw for 125 yards and one touchdown, leading the Washington Redskins to a 17-12 victory over the Philadelphia Eagles yesterday in his first game against his for-



## Eskimos keep their playoff hopes alive

Ray runs in late touchdown in victory over Tiger-Cats



It took until October, but the Edmonton Eskimos finally feel like they have found their game.

Ricky Ray ran in a fourth-quarter touchdown and passed for two more as the Eskimos kept their playoff hopes alive with a narrow 37-35 victory over the Hamilton Tiger-Cats yesterday.

With Edmonton leading 37-29 late in the game, the Ticats marched down the field and scored on a nineyard passing play from Kevin Glenn to Marquay McDaniel. However, the two-point convert attempt to tie the game failed.

It was the first time this season that the Eskimos (4-9) have won two games in a row. They remain two points behind third-place B.C. in the CFL West.

"That was probably our best performance of the whole year," Ray said. "Things are finally starting to come together for us. Early in the season it seemed like we couldn't do anything right. Now it feels like some positive things are starting to happen. Hopefully we can keep that momentum going."

ing.\*

The Ticats have lost two in a row to sit at 6-7. They squandered a two-touchdown lead in both games.

THE CANDIAN PRESS



#### Loud cheer for Canada at Games ceremony

Decked out in white caps and flashing beaming smiles, Canadian athletes earned a loud cheer from the crowd when they marched during yesterday's opening ceremonies at the Commonwealth Games. Flag-bearer Ken Pereira led the Canadian team into the 60,000-seat Jawaharlal Nehru Stadium

Number of Canadian athletes who took part in the opening ceremonies, out of 260.

to the pulsating rhythms of traditional Indian drums and snake-charming wind instruments.

THE CANADIAN PRESS



#### Sports in brief

#### Europe leads at Ryder Cup

GOLF. Europe nearly pulled off a clean sweep at the Ryder Cup, surging into the lead by claiming all but a half-point in the last session of team matches. The Americans face a daunting 9½-6½ deficit after their dismal performance yesterday at soggy Celtic Manor. Tiger Woods took the worst loss of his Ryder Cup career,

Phil Mickelson became the U.S. player with the most losses ever and the Europeans won five points and halved the other match.

#### Chelsea blanks Arsenal 2-0

SOCCER. Chelsea took a four-point lead atop the Premier League yesterday following a 2-0 win over Arsenal while Liverpool's terrible season reached a new low with a 2-1 home loss to Blackpool.

THE ASSOCIATED PRESS

AMEDICANTEACHE

AMERICAN L	.eagu	E							
EAST DIVISION	V								
x-Tampa Bay y-New York Boston Toronto Baltimore	W 96 95 89 85 66	66 67 73 77 96	Pct .593 .586 .549 .525 .407	GB - 1 7 11 30	WCGB - - 6 10 29	5-5 3-7 5-5 8-2 5-5	Str W-2 L-2 W-2 W-1 L-1	Home 49-32 52-29 46-35 46-35 37-44	Away 47-34 43-38 43-38 39-42 29-52
CENTRAL DIVI	SION								
x-Minnesota Chicago Detroit Cleveland Kansas City	W 94 88 81 69 67	68 74 81 93 95	Pct .580 .543 .500 .426 .414	GB - 6 13 25 27	WCGB - 7 14 26 28	2-8 8-2 4-6 7-3 4-6	Str L-1 W-2 W-1 L-2 L-2	Home 53-28 45-36 52-29 38-43 38-43	Awa; 41-4 43-3 29-5 31-5 29-5
WEST DIVISIO	N								
x-Texas Oakland Los Angeles Seattle NATIONAL L	90 81 80 61	72 81 82 101	Pct .556 .500 .494 .377	GB - 9 10 29	WCGB - 14 15 34	6-4 4-6 5-5 3-7	Str L-1 W-4 W-1 L-5	Home 51-30 47-34 43-38 35-46	Awa 39-4 34-4 37-4 26-5
EAST DIVISION	V								
x-Philadelphia y-Atlanta Florida New York Washington	W 97 91 80 79 69	65 71 82 83 93	Pct .599 .562 .494 .488 .426	GB - 6 17 18 28	WCGB 11 12 22	L10 6-4 5-5 4-6 5-5 5-5	Str L-1 W-1 W-2 L-1 W-1	Home 52-29 56-25 41-40 47-34 41-40	Awa; 45-3; 35-4; 39-4; 32-4; 28-5;
CENTRAL DIVI	SION								
x-Cincinnati St. Louis Milwaukee Houston Chicago Pittsburgh	W 91 86 77 76 75 57	L 71 76 85 86 87 105	Pct .562 .531 .475 .469 .463 .352	GB - 5 14 15 16 34	WCGB - 5 14 15 16 34	5-5 8-2 6-4 3-7 6-4 4-6	Str W-2 W-5 L-2 W-1 L-1 L-2	Home 49-32 52-29 40-41 42-39 35-46 40-41	Awa; 42-3! 34-4: 37-4: 34-4: 40-4: 17-6:
WEST DIVISIO	N								
x-San Francisco San Diego Colorado Los Angeles Arizona	92 90 83 80 65	70 72 79 82 97	Pct .568 .556 .512 .494 .401	GB - 2 9 12 27	WCGB - 1 8 11 26	110 7-3 5-5 1-9 7-3 4-6	Str W-1 L-1 L-8 W-2	Home 49-32 45-36 52-29 45-36 40-41	Awa 43-3 45-3 31-5 35-4 25-5

#### AMERICAN LEAGUE

Chicago White Sox 6 Cleveland 5 Tampa Bay 3 Kansas City 2 (12 ings.) Oakland 4 Seattle 3

x-clinched division; y-clinched wild card

Florida 5 Pittsburgh 2 Washington 2 N.Y. Mets 1 (14 ings.) Atlanta 8 Philadelphia 7 Houston 4 Chicago Cubs 0 St. Louis 6 Colorado 1 San Francisco 3 San Diego 0 L.A. Dodgers 3 Arizona 1

Minnesota (Pavano 17-11)

NATIONAL LEAGUE

laday 21-10)

walt 13-3)

Friday's game

Sunday, Oct. 10

Friday's game

Sunday, Oct. 10

13-11)

son 17-9)

NATIONAL LEAGUE W L Pct 6B 91 71 .562 -

Saturday, Oct. 9
Minnesota (Duensing 10-3) at New York (Pet-titte 11-3 or Hughes 18-8)

Philadelphia (E) vs. Cincinnati (C) Wednesday's game Cincinnati (Volquez 4-3) at Philadelphia (Hal-

Cincinnati (Arroyo 17-10) at Philadelphia (Os-

Philadelphia (Hamels 12-11) at Cincinnati (Cueto 12-7) San Francisco (W) vs. Atlanta (wc)

Jan Francisco (W) vs. Atlanta (wc)
Thursday's game
Atlanta (Lowe 16-12) at San Francisco (Lince-cum 16-10)

Atlanta (Hanson 10-11) at San Francisco (Cain

San Francisco (Sanchez 13-9) at Atlanta (Hud-

NATIONAL LEAGUE

#### **WILD CARD** AMERICAN LEAGUE

NY Yankees	<b>W</b> 95	<b>L</b> 67
2010 POSTSE	SC	NC

**DIVISION SERIES** (BEST-OF-5)

L Pct GB 67 .586—

(Note:Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)

#### AMERICAN LEAGUE

Texas (Lewis 12-13)

Tampa Bay (E) vs. Texas (W) Texas (Lee 12-9) at Tampa Bay (Price 19-6)

Thursday's game Texas (Wilson 15-8) at Tampa Bay (Garza 15-

Saturday's game Tampa Bay (Davis 12-10 or Shields 13-15) at

Minnesota (C) vs. N.Y. Yankees (wc)

New York (Sabathia 21-7) at Minnesota (Liriano 14-10) Thursday's game

New York (Hughes 18-8 or Pettitte 11-3) at

#### **AMERICAN LEAGUE**

BLUE JA	YS	2	2,	T١	NINS 1				
Toronto	ab				Minnesota	ab	r	h	Ы
Wise cf	4	0	1	0	Span cf	4	0	0	0
JMcDnl ss	4	0	1	0	OHudsn 2b	2	1	1	0
JBautst dh	4	0	0	0	Punto 2b	2	0	0	0
Overay 1b	4	0	0	0	Mauer c	2	0	1	0
Lind If	3	1	1	1	Butera c	1	0	0	0
Encrnc 3b	3	1	1	1	JMorls ph	1	0	0	0
Arencii c	2	0	0	0	DlmYn If	2	0	0	0
JHoffpr 2b	3	0	0	0	Revere If	2	0	0	0
McCoy rf	3	0	0	0	Thome dh	1	0	1	0
Plouffe pr-dh	3	0	1	1					
Cuddyr 1b	1	0	0	0					
Tolbert 1b	1	0	0	0					
Kubel rf	1	0	0	0					
Repko rf	2	0	0	0					
Valenci 3b	3	0	0	0					
Hardy ss	2	0	0	0					
ACasill ss	0	0	0	0					
Totals	30	2	Λ	2	Totals	30	1	4	1

 
 Totals
 30
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 Toronto
 000
 010
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 Minnesota
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 1

 E—Overbay (6). DP—Toronto 1, Minnesota 1.
 LOB—Toronto 2, Minnesota 4. 2B—Mauer (43). HR—Lind (23), Encarnacion (21). SB— O.Hudson (10).

	IΡ	Н	R	ER	BB	S0
Toronto						
Rzepczynski W,4-4	7	4	1	0	2	6
Carlson H,2	1	0	0	0	0	1
Camp S,2-4	1	0	0	0	0	1
Minnesota						
Blackburn L,10-12	7	3	2	2	1	6
Mijares	1	0	0	0	0	1
Perkins	1	1	0	0	0	0
T-2:01 A-40 664	39 5	n4):	at M	linne	anolis	

#### SOCCER

Last night's result Los Angeles 2 Chivas USA 1

#### **ENGLAND**

PREMIER LEAGUE

Yesterday's results Chelsea 2 Arsenal 0 Liverpool 1 Black Manchester City 2 Newcastle 1

#### **FRANCE**

LIGUE 1 Yesterday's results Lille 3 Montpellier 1 Paris Saint-Germain 0 Nice 0 Rennes 3 Toulouse 1

#### **GERMANY** BUNDESLIGA

Yesterday's results
Bayer Leverkusen 2 Werder Bremen 2
Borussia Dortmund 2 Bayern Munich 0
Stuttgart 1 Eintracht Frankfurt 2

#### **ITALY**

#### SERIE A

Yesterday's results Bologna 1 Sampdoria 1 Chievo Verona 0 Cagliari 0 Fiorentina 1 Palermo 2 Genoa 2 Bari 1 Inter Milan 0 Juventus 0 Lazio 1 Brescia 0 Lecce 1 Catania 0 Napoli 2 AS Roma 0

#### SPAIN

#### LA LIGA

Yesterday's results Almeria 1 Malaga 1 Barcelona 1 Mallorca Getafe 3 Hercules 0 Osasuna 1 Levante 1 Real Madrid 6 Deportivo La Coruna 1 Sevilla 3 Atletico Madrid 1 Villarreal 2 Racing Santander 0

#### NHL

#### PRE-SEASON

Vesterday's results Nashville 3 Washington 0 Pittsburgh 5 Detroit 2 Buffalo 9 Philadelphia 3 Chicago 4 St. Louis 3 Calgary 1 Edmonton 0 Anaheim 3 Los Angeles 2 (OT)

Today's games (All times Eastern)

Carolina at SKA St. Petersburg (Russia). 11 a.m. Minnesot at Ilves Tampere (Finland), Noon
Tomorrow's games
Columbus at Malmo/Rogle BK (Sweden), 1 p.m.
Boston at HC Liberec (Czech Republic), 1 p.m.

Wednesday's game
Phoenix at Dinamo Riga (Latvia), Noon
End NHL Pre-season Schedule

#### FLAMES 1, OILERS O

1. Calgary, Tanguay 1 (Iginla, Giordano) 5:36

Penalties — Strudwick Edm (interference). MacIntyre Edm (roughing) 9:54, Tanguay Cal (tripping) 14:05.

#### Second Period

No Scoring.

Penalties — Brule Edm (slashing) 8:51. Ivanans Cal (holding) 11:34, Bouwmeester Cal (hooking) 16:10.

Third Period No Scoring

Penalty — Belle Edm (hooking) 13:06. Shots on goal by

Edmonton 13 5 10 Goal (shots-saves) — Edmonton: Dubnyk (18-17)(L), Deslauriers (11:34 of second)(10-10); Calgary: Kiprusoff (W).

Power plays (goals-chances) - Edmonton: 0-

Referees — Tom Kowal Kyle Rehman Linesmen — Brad Lazarowich, Mark Wheler. Attendance — 19,289 (19,289) at Calgary.

#### **LATE SATURDAY**

#### **LEAFS 4, RED WINGS 2**

First Period
1. Detroit, Emmerton 1 (Andersson, Mursak) 9:09 (pp)

2. Toronto, MacArthur 1 (Grabovski, Gunnars-

2. Toronto, MacArton T (Glabovski, Guillarsson) 14:19 (pp)
3. Toronto, Bozak 2 (Kessel, Komisarek) 16:28

Penalties — Kulemin Tor (cross-checking)
5:36, Komisarek Tor (high-sticking) 7:20, Abdelkader Det (roughing), Versteeg Tor (slashing, roughing) 9:59, Helm Det (holding) 11:48, Miller Det (tripping) 12:19, Brown Tor (charging) 19:24.

Second Period

4. Toronto, Versteeg 2 (Kaberle, Kessel) 4:41

(pp) 5. Toronto, Kaberle 1 (Kessel, Versteeg) 11:41

Penalties — Andersson Det (holding) 4:03, Andersson Det (interference) 10:37.

Third Period

6. Detroit, Tatar (Ericsson, Kindl) 12:13 (pp)

Penalty - Orr Tor (boarding) 6:10, Abdelkade Det, Schenn Tor (unsportsmanlike conduct, in-stigating, fighting, misconduct) 10:24, Smith Det (interference) 13:59, Abdelkader Det

#### (tripping) 18:03.

Dilucs on goar by				
Detroit	10	13	13	3
Toronto	11	12	6	2
Goal (shots-saves) -	Detroit	— H	oward (	(L);
Toronto — Giguere (V	V)(23-22	), Ry	nnas (	start
third)(13-12).				

er plays (goals-chances) — Detroit: 2-7; Toronto: 3-6.

Referees — Paul Devorski, Fredrick L'Ecuyer.

Linesmen — Greg Devorski, David Brisebois Attendance — 18,780 (18,819) at Toronto.

#### NFL

#### WEEK 4

#### AMERICAN CONFERENCE

	W	L	Т	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	2	1	0	.667	90	82
Miami	2	1	0	.667	52	51
Buffalo	0	4	0	.000	61	125
SOUTH						
Houston	3	1	0	.750	108	102
Jacksonville	2	2	0	.500	71	111
Indianapolis	2	2	0	.500	117	92
Tennessee	2	2	0	.500	98	68
NORTH						
Baltimore	3	1	0	.750	61	55
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	2	0	.500	79	78
Cleveland	1	3	0	.250	68	77
WEST						
Kansas City	3	0	0	1.000	68	38
San Diego	2	2	0	.500	113	71
Denver	2	2	0	.500	87	85
Oakland	1	3	0	.250	76	107

#### NATIONAL CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
Washington	2	2	0	.500	73	79
N.Y. Giants	2	2	0	.500	72	88
Philadelphia	2	2	0	.500	95	79
Dallas	1	2	0	.333	54	53
SOUTH						
Atlanta	3	1	0	.750	93	60
New Orleans	3	1	0	.750	79	72
Tampa Bay	2	1	0	.667	50	59
Carolina	0	4	0	.000	46	87
NORTH						
Chicago	3	1	0	.750	69	68
Green Bay	3	1	0	.750	106	73
Minnocoto	1	2	0	222	12	20

0 4 0 .000 82 106 Detroit WEST

58 77 75 52 Arizona St. Louis Seattle San Francisco .500 .500 .500 Byes: Dallas, Kansas City, Mi

Yesterday's results Denver 26 Tennessee 20 Green Bay 28 Detroit 26 N.Y. Jets 38 Buffalo 14 St. Louis 20 Seattle 3 Atlanta 16 San Francisco 14 Baltimore 17 Pittsburgh 14 New Orleans 16 Carolina 14 Cleveland 23 Cincinnati 20

Cleveland 23 Cincinnati 20 Houston 31.0 Alakand 24 Jacksonville 31 Indianapolis 28 San Diego 41 Arizona 10 Washington 17 Philadelphia 14 NY. Giants 17 Chicago 3 Tonight's game (All times Eastern) New England at Miami, 8:30 p.m.

#### CFL

#### **WEEK 14**

#### **EAST DIVISION** GP W L T PF PA Pt 13 9 4 0 409 336 18 13 6 7 0 330 355 12 Hamilton

Toronto	13	6	7	0	259 344	1
Winnipeg	13	3	10	0	345 349	-
WEST DIVISIO	N					
x-Calgary	13	10	3	0	452 295	21
x-Saskatchewan	13	9	4	0	380 345	1

Edmonton - clinched playoff berth.

x — clinched playoff berth.

Yesterday's result
Edmonton 37 Hamilton 35

Saturday's results
B.C. 16 Winnipeg 14

Saskatchewan 27 Toronto 16

Friday's result
Calgary 46 Montreal 21

#### **TRANSACTIONS**

#### **BASEBALL**

AMERICAN LEAGUE

SEATTLE MARINERS—Announced the retire-ment of video coordinator Carl Hamilton, ef-NATIONAL LEAGUE

LOS ANGELES DODGERS—Announced the re-tirement of C Brad Ausmus.

#### **HOCKEY**

NHL

DETROIT RED WINGS—Assigned F Joakim
Andersson, F Willie Coetzee, F Cory Emmerton, D Brina Lashoff, G Thomas McCollum, F
Chris Minard, F Jordan Owens, F Francis Pare,
D Logan Pyett, B Brendan Smith, Jamie Tardiff
and F Tomas Tatar to Grand Rapids (AHL).
NEW YORK ISLANDES—Assigned F Justin
DiBenedetto, F Micheal Haley, F Rob Hisey, F
Jesse Joensuu, F Mark Katic, F Tomas
Marcinko, F Rhett Rakhshani, F David Ullstrom, F Jeremy Yablonski, D Dylan Reese, D
Travis Hamonic and G Miklos Koskinen to
Bridgeport (AHL). Released C Dean McAm-Bridgeport (AHL). Released C Dean McAm-mond, RW Jed Ortmeyer, D Anders Eriksson, G

mond, RW Jed Ortmeyer, D Anders Eriksson, G Manny League and FKrys Kollanos. NEW YORK RANGERS—Assigned D Ryan Mc-Donagh, D Pawel Valentenko, F Dale Weise and F Mats Zuccarello to Hartford (AHL). ST. LOUIS BLUES—Recalled FT.J. Hensick, F Ryan Reaves, F David Spina and D Dean Ar-sene from Peoria (AHL). VANCOUVER CANUCKS—Assigned RW Victor Oreskovich, RW Sergie Shirokov, LW Bill Sweatt, D Lee Sweatt and D Yann Sauve to Manitoba (AHL).

#### AΗI

AHL
MANITOBA MOOSE—Released G Daniel Bellissimo, RW Hans Benson, RW Andy Brandt,
LW Andrew Carroll, RW Dan Gendut, LU
W Andrew Carroll, RW Dan Gendut, D David
Grimson, C Derek Leblan, C Aaron Lewadniuk,
C Mark Magnowski, RW Evan Rankin, LW
Matt Schepke, D Brock Sheahan and D Ryan

PEORIA RIVERMEN—Assigned G Gerald Coleman, F Kory Falite and D Mark Isherwood to Alaska (ECHL). Released F Pierce Norton, F Ethan Cox, F Chris Morehouse, F Jerad Stewart, F Zach Pearson, D Alex Dzielski, D Aaron

Dawson and D Ryan Palmer. SAN ANTONIO RAMPAGE—Assigned LW Ned Lukacevic, C Justin Bernhardt and C Tyler Mosienko to Las Vegas (ECHL). Returned RW Jamie Bates to Las Vegas. Released LW Kip

Brennan.
SPRINGFIELD FALCONS—Released G Riley
Gill, F Matt Vokes, F John Mori, F Marcus Carroll, F Cory McGillis, F John Scrymgeour and D
Steven Kaunisto.

SYRACUSE CRUNCH—Assigned F Eric Lampe

training camp roster. Released F Marco
Desveaux and F Darick St. Marie.

#### **GOLF**

#### RYDER CUP

At Newport, Wales Par 71

EUROPE 9 1/2, U.S. 6 1/2

Europe 2, U.S. 0 Luke Donald and Lee Westwood, Europe, def. Tiger Woods and Steve Stricker, U.S., 6 and 5. Graeme McDowell and Rory McIlroy, Europe, def. Zach Johnson and Hunter Mahan, U.S., 3 and 1.

and 1.

FOURBALLS

Europe 5 1/2, U.S. 1/2

Padraig Harrington and Ross Fisher, Europe,

def, Jim Funk and Dustin Johnson, U.S., 2 and 1.

Peter Hanson and Miguel Angel Jimenez, Europe, def. Bubba Wätson and Jeff Overton,

U.S., 2-up.

Stewart Cink and Matt Kuchar, U.S., halved
with Edoardo Molinari and Francesco Molinari,

Firnne.

lan Poulter and Martin Kavmer, Europe, def Phil Mickelson and Rickie Fowler, U.S., 2 and 1

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#### Crossword

Across 4 Tent peg 12 9 Hot tub 12 Eggs 15 16 13 "American Idol" alumnus Clay 18 19 14 Audiology subject 15 Piano style 21 22 23 24 17 Performance 18 Birthday statistic 19 Mickey Mouse's cre- 25 26 27 ator 21 Stuck 31 32 33 34 24 Sans siblings 25 Blackbird 36 37 38 26 Homer's interiection 41 42 43 28 Play your last card 31 Hostels 47 45 46 33 Watch chain 35 Ballerina's frill 48 49 50 36 Crazy folks 38 Deity 54 55 40 Apprehend 41 St. Louis NFI team 57 58 43 Chuckles 45 Tyrannical ruler 47 In need of repair 48 Ostrich's cousin

49 They're "worn" 6 Alias (Abbr.) when handling some-7 Japanese form of thing carefully fencing 54 Parisian pal 8 Conclusion 55 Justice Kagar 9 "No Way Out" 56 Past actress 57 Unsavory rodent 10 Gait 58 Impressionist Edgar 11 Bohemian 59 Present 16 Sweet potato Down 20 Coin aperture 1 Occupation 21 "Monopoly" corner 2 Actress Gardne 22 Domini precede 3 Talk on and on 23 Diamonds or clubs. 4 Drooped in bridae

29 Great Salt Lake state 30 Vats 32 Break suddenly 34 Common lunch meat 37 Cured, as ham 39 Texas city 42 Steps over a fence

52 Id counterpart

53 Scatter seeds

#### 44 Japanese vegetable 45 Sweetie 46 Actress Thompson 50 B.A., for ex. 51 Moving vehicle

#### Sudoku

			5	1			8	7
8	4			9	3			5
	5				8		7	
	3	8				9	2	
	9		3				6	
4			1	8			9	6
3	7			2	5			

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

TODAY

Min 8°

Max 13°

Vectord	av's answ	or N

TUESDAY

Max 15°

Min 4°

4	8	2	3	9	5	7	1	6
5	9	1	2	7	6	3	4	8
6	3	7	4	8	1	9	2	5
2	1	6	8	3	7	4	5	9
9	7	4	1	5	2	8	6	3
3	5	8	9	6	4	2	7	1
7	2	3	6	1	8	5	9	4
1	4	9	5	2	3	6	8	7
8	6	5	7	4	9	1	3	2

#### Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

You're the best thing that's ever been mine. The last few months have been the best of my life. I think it's safe to say I love you! You're my beb, my TGK, my better half and my best friend. Thanks for always letting me goofy kiss you! UNCONDITIONAL LOVE, YOUR TGP

I miss you so much. Now that it is getting cold, I think of the night I saved you. I froze to keep you warm with my jacket. I love you, more than you could imagine.

#### -SNOOPS

Pssstttt: Chris, mi amor, Mi lindo. Mi loru. Bebsh, you are my everything. When I look into your eyes - I see forever:) There is no way I can sum up how I feel about you here. But I want everyone who is reading this to know that I LOVE YOU. Forever yours, ERIKA

#### Today's horoscope

27 Glutton

5 Fed up with

T Aries March 21-April 20 Spend time with the people who mean most to you today, because some of them are under the impression that you have forgotten they exist!

¥ Taurus April 21-May 21 The pace of life will pick up quickly this coming week and you will be snowed under by opportunities and invitations. Be selective of what you take on

II Gemini May 22-June 21 The approaching new moon promises that if you act quickly you will create something out of the ordinary, something you will be remembered for

Gancer June 22-July 22 You feel on top of the world and your energy levels are high, so ask yourself: what can you do to make the world a better place? Help those around you as much as you can.

ally so tough or is it more likely that your negative attitude is making everything look hard? Strive to be positive. Look to the future

MP Virgo Aug. 24- Sept. 22 Someone you meet today could become more than a friend, so keep your eyes and ears open and, above all, listen to the promptings of your heart. Don't be shy: if you meet someone you fancy be bold and make the first move

← Libra Sept. 23-Oct. 23 You will be put to the test today

For today's crossword answers and for expanded horoscopes, go to metronews.ca but, if you stay calm and tackle

20

35

40

56

59

► Yesterday's answer

30

29

52

28

39

M Scorpio Oct. 24-Nov. 22 Something that once seemed so important to you won't mean anything after today. It's not often that your attitude changes to such a drastic extent but recent events have

move on - and up

with flying colours.

problems individually as they

arise, you will pass the test

→ Sagittarius Nov. 23-Dec. 21 You need to have a clear idea of what it is you are aiming for, because with out that idea your efforts will vield only limited results.

convinced you it is time to

り Capricorn Dec. 22-Jan. 20 Quality counts in all areas of

life but especially in your work or career where you are judged most on what you create and on how much value you bring to the business.

Aguarius Ian 21-Feb 18 You may be tempted to take it easy and enjoy yourself today but you should really be planning what you are going to do around the time of Thursday's new moon

H Pisces Feb. 19-March 20 Money matters of one sort or another will be top of the agenda this coming week, especially if you have been rather careless about keeping track of where your cash has been going. A more disciplined approach is a must. SALLY BROMPTON

WEDNESDAY

Max 19

Min 2°

You write it!

Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's



Michele McDougall
Weather Specialist
"My favourite part is reporting the

weather. It fascinates me, and as we know around here, it's always

changing, keeping forecasters on their toes". WEEKDAYS 6AM

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\*EXCLUDES SALE MERCHANDISE

PRESTIGE Members will save an additional 10% off with a valid PRESTIGE card.

\*Offer cannot be used in conjunction with 20% discount offered, for new Prestige members. Offer is valid on October 5th-6th 2010 only. Offer cannot be used in conjunction with any other promotional offer or on previously purchased merchandise. Other restrictions may apply. Offer valid at all Suzy locations, excludes outlets.

SUZYSHIER.COM





**\$99** / pair

+ **\$30** / fitting

\$129

while supplies last

**\$198** / 2 pairs

+ \$0 / fitting

\$198

while supplies last



10724 Whyte Ave, Edmonton, AB T6E 6P4 60, 19 Bellerose Dr, St. Albert, AB T8N 5E1 10360 Jasper Ave, Edmonton, AB T5J 1Y7 780.439.2020 780.459.2020 780.437.2020

www.eyecaregroup.ca



Fitting fees approved by a Alberta Opticians licensed contact lens fitter, Handling, removal, insertion & removal included in contact lens training. Contact lens solution & case provided.